

STRONG LIFE TAMPA BAY
Training Facility
5115 Knox ST.
Tampa, FL 33635

POWERLIFTING TEAM UPDATE

You can be healed: Spirit, mind and body.

Matthew 9:2

And behold they brought to him a man sick of the palsy , lying on a bed and Jesus seeing their faith said unto the sick man “Son, be of good cheer, thy sins be forgiven thee”

Jesus says three things to the paralyzed man. Be encouraged, your sins are forgiven and get up and walk. Jesus sees your need , but He is looking for your faith. Faith without works (corresponding action is dead.

We at Stronglife Tampa Bay believe that the spirit, mind and body all work together and cannot be separated. We believe that the stronger our spiritual and mental fitness levels are the stronger our physical bodies can become. We rest better in between sessions as our heavenly father takes over our worries and focus better in the gym free from fear and anger.

